

SPRING  
1957

# polio living

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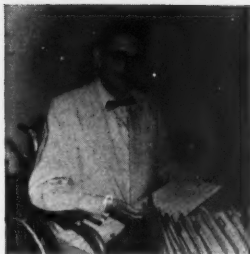
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## New Ideas

that have been used successfully by persons who use wheelchairs. Another new feature, "You Are The Jury", will be both interesting and valuable. Why? Because the opinions will be those of handicapped persons who know whereof they speak.

If you know someone with any handicap whatever, that you think could benefit from the ideas found in POLIO LIVING, send us their name and address. Please refer to our offer on the back cover.

This issue completes our first year of publication. We are continuing to concentrate on making POLIO LIVING the highest quality magazine of its kind to help everyone go ahead to better living.

Publisher and Editor

The stories that you read in POLIO LIVING have been selected because of their value to handicapped persons. Many of these articles and stories feature what might be called "common sense therapy". They tell about things that make life easier for some and give information that makes it possible for others to do what they can do and forget about what they can't do.

We are beginning a new series of articles on home wheelchair living that will reveal practical and easy ways to get things done. Ideas

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### TO HELP YOU GO AHEAD TO BETTER LIVING



POLIO LIVING is a national magazine dedicated to serving all persons who have had poliomyelitis, their families and their friends, regardless of race, religion or creed. POLIO LIVING is published and edited by persons having had poliomyelitis with the firm belief that by sharing experiences and feelings, persons having had poliomyelitis can help each other. Furthermore, the profit from POLIO LIVING Magazine will be used for the furthering of polio rehabilitation facilities.

Editorial Office—12 Ryan Drive, Bloomington, Illinois

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Polio Living goes 'round the world.

Non-Profit. Published quarterly.

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Vol. 1, No. 4

# Living Lines...

"I was delighted to receive a copy of POLIO LIVING. I've felt the need for a publication which would carry helpful hints for managing a job or household, perhaps contributed by the subscribers. The wheelchair loader on page 9 of the Fall issue helped solve a 3 year problem. Our thanks to you."

Sincerely,  
Miss Jo Monk  
Peoria, Illinois

*For more info on handy gadgets see our advertising section.*

"I received my first issue of POLIO LIVING. It was so interesting that I not only read all the articles but all the advertising as well. Enclosed is \$2.00 for my subscription.

Do you have any listings on mismatched shoes? I wear 5 1/2 B on my right foot and 9 AAA on my left."

Sincerely,  
Mrs. E. E. Carter  
Littlefield, Texas

*Have any mis-mated new shoes? Let us know what sizes you have available.*

"Congratulations on your cheerful little magazine, POLIO LIVING. I read the article on frog breathing with interest. Dr. Clarence Dail, Senior Attending Physician in Physiotherapy on my service, first described this method in the literature after noticing that one of my patients had worked out this method upon himself without instruction. This year we only had 800 cases approximately, and no Salk vaccinated patient developed paralysis, though a number who had only one or two shots, did get the disease. Keep up the good work."

Al Bower, M.D.  
Chief Physician,  
L. A. Co. Hospital

*If you haven't had all 3 Salk shots—don't delay any longer!*

"I am enclosing \$2.00 for a year's subscription to POLIO LIVING. It has been very enjoyable to read the complimentary copies you have sent, and when last month, I read the account on Frog breathing, that decided it. I have been trying, not hard enough I know, to learn frog-breathing. I got polio in 1948 and still use a respirator much of the time."

Sincerely,  
Juanita C. Pusateri  
(Breathless)  
Three Rivers, Calif.

"Congratulations on your excellent magazine. It is an answer to what polio cases have needed for a long time—to be in touch with others who have the same problems to face in life. I am enclosing the names of a few polio patients."

Sincerely  
Edna MacMilkin, R.P.T.  
Lowell, Massachusetts

"I would like to congratulate all of you on your fine, inspiring publication. You're doing a magnificent job."

Sincerely yours,  
Christine G. Donnelly, R.N.  
New York, New York



"Well, no need to ask how you're feeling—"

# Polio Living Visits A Respirator Center

**Chicago Center plays host and demonstrates the latest methods and equipment.**

Visiting the Respirator Center in the University of Illinois Research Hospital just south west of Chicago's famed "loop" was a new and very interesting experience for us. Dr. Janet Wolter, M.D. and Dr. George Saxton, Jr., M.D. work as a perfect team as medical directors and we were met with open arms and a wealth of "all that's new".

They had invited Dr. Harold Visotsky M.D. who is on their staff as consulting psychiatrist to join us during the afternoon.

These three are but a segment of the therapeutic team, whose goal is evaluation, treatment, and rehabilitation. Others are physical therapists, occupational therapists, social workers, recreational workers, a school teacher, psychologist, and specially trained nurses, attendants and volunteers. In addition, a consultation and research service consists of orthopedic surgeons, physiatrists, and pulmonary physiologists.

Naturally this highly skilled care costs money and it is interesting to



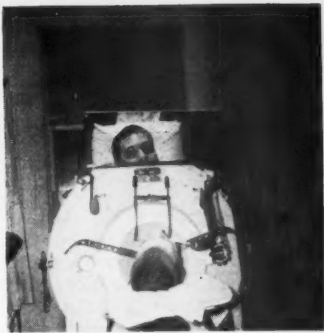
MRS. RUTH ZANDER uses positive pressure with her tracheotomy. This special device enables Ruth to be in bed instead of an iron lung. Here she gets better therapy, is more comfortable, and less confined.



DR. JANET WOLTER and Dr. Visotsky visit with Mrs. Shirley Rousey. Just a few weeks ago Shirley, although completely paralyzed, gave birth to a bouncing baby boy.



**JACK WILLIAMS** was in the Seabees and while in London, met the girl who later became Mrs. Jack Williams. Look close, she is there too. Using these arm slings, he makes beautiful leather purses.



**JERE CARROLL** is using the lung to help cure a pesky case of pneumonia. Notice that he is also using the "vacuum cleaner" to help cough. He gets a BIG breath and then lets go.

know where this money comes from. The salaries and cost of equipment are paid by the N.F.I.P. The daily bill for each patient at this center is \$25 which includes room, board, and care and this is paid most generally by the local March of Dimes Chapter. Sometimes the families will help pay this—one family pays \$1 to help.

#### **How To Get In**

To find out if one of the 15 March of Dimes Centers throughout the U.S. can help you, application should be made by first talking with your own doctor. He will help you apply to your local March of Dimes Chapter. If they cannot furnish complete information, you may write to your state representative for the National Foundation or write to Nat'l. Foundation for Infantile Paralysis, 120 Broadway, New York 5, New York.



**DR. WOLTER** shows how the nozzle on this cannister type vacuum cleaner is adapted to the mouthpiece. The brushes on the motor are reversed so the machine blows. You close your mouth and it fills your lungs, then you let the air out and exhale.

It will sometimes be the opinion of the doctors at these centers that you could get little if any benefit from the highly specialized services they provide but at the same time they want to be sure that everyone who can benefit is given the chance. These polio centers have the policy of taking "this season" polio cases first when specially skilled care is essential in maintaining life and preventing unnecessary disability. If the center nearest you is full to capacity they will not turn you down but will refer you to the next nearest center that doesn't have a waiting list.

### Special Note

Equipment shown in this story is highly specialized and should not, under any conditions, be tried without first consulting your own doctor.



ED STRUMPF is eating applesauce (no kidding) by using an arm sling suspended from a bar over his bed. Helping Ed use the extended handle spoon is Miss Gustaphson who is studying occupational therapy. Arm slings are a "must" for many polios with weak upper arms.



DONALD GILES gets his turn at physical therapy from Dottie Morton, R.P.T. Don was the star basketball player at Parker High School in Chicago and had won a basketball scholarship to go to college.



MRS. BARBARA PARKER is talking to her family at home including a "conversation" with her 11 month old daughter. The desk board on Barbara's wheelchair makes it possible for her to write, do leathercraft, and paint thereby helping her regain strength faster.



# Grasping Device

by Robert Tedrow

Somewhere through the pages of this book this article might reach someone with the same problems as mine. In this article I intend to describe a device which I have and use most satisfactorily.

The main function of this device is to enable the person to bring the thumb and the first two fingers into a normal grasping position. There is only one muscle involved in this action. It is the muscle on the thumb side of the wrist which raises the hand from a dropped position into a position parallel with the arm. For you science minded people this muscle is called the Extensor Carpi-radialis. There is no finger movement needed to operate this device.

With this device I am able to perform many activities which I otherwise would be unable to do. For example before I used four separate instruments to perform my daily routine of eating, brushing my teeth, washing, etc. All other things I was unable to do. Now with this

device I have gained the strength and ability to perform all of these chores and a numerous amount of others. There is a great deal of hard work involved in learning to use a device of this kind, and there is no limit to the amount of things a person can achieve by working hard.

The idea for this device originated in a V.A. hospital in Memphis, Tenn. From pictures of the original device and by using the same principal, Mr. Richard Canterbury, of the Institute of Physical Medicine and Rehabilitation at Peoria, Illinois made the device.

For your curiosity I will briefly describe my disability. I was injured in an auto accident nearly five years ago, which left me paralyzed totally from the waist down and without any finger movement in either hand. I am employed with the United Information Service, which is an advertising service handled almost exclusively by telephone.



Hand closed



Hand open



Holding cup

# Regaining A New Life

by Margery A. Halford

*This is the first of several articles on "home wheelchair living". We want to thank the Southwestern Poliomyelitis Respiratory Center in Houston, Texas for their wonderful cooperation in securing this story.*

I had polio more than five years ago. Because I began with total involvement and could not breathe, and today have returned successfully to my former profession, piano instruction, I feel most fortunate.

After a nine month hospitalization, six of them spent in the Southwestern respiratory center, my husband, three year old daughter and I settled in Houston, Texas where the center is located. I could breathe without respiratory aid a total of seven hours daily; the remainder of the time was spent in a chest respirator or on a rocking bed,

both furnished by the National Foundation. They also help us pay the trained attendant, without whom I can do nothing.

My activities consisted of slow typing, writing, stencil painting, hand sewing, feeding myself, and other activities of daily living. I could sit up straight an hour with the chest respirator or twenty minutes without it.

Subsequently, I had some muscle return and remarkable increase in function. Today I rock three or four hours and spend the rest of the time breathing unaided, largely sitting up straight. My activities have multiplied and include sewing on the machine (using foot control pedal), ironing, both by hand and on a mangle, baking and playing the piano.

It took two years of maneuvering and gadgeteering and a completely new approach to the subject to return to playing. The first problem was to be able to breathe unaided while leaning forward slightly. And that was a question of time, stability and perseverance.

In my preparation for teaching



I used a soft sling on the left arm, and a weighted, balanced feeder type sling on the right.



and concert work I studied the muscular aspect of correct tone production, and this technical knowledge proved useful. Oversize sling posts made it easier to employ the principles of leverage and to utilize the force of gravity effectively.

I used a soft sling on the left arm, and a weighted, balanced feeder type sling on the right, both suspended rather high and well forward on the posts, which were free to rotate in their sockets. By positioning my elbows higher than usual and using lead weights, I acquired striking force. To prevent the left hand turning palm up, I had a lead weight made to fit around the inside of the forearm. A thumb bar was attached, which when properly positioned, helped the great joint of the thumb, and the whole device enabled me to play some chords with a moderate volume of tone. A high heeled slipper gave me enough leverage to use the weighted pedal. I used a backscratcher to turn pages and to push my right arm where I needed it to be.

I could not play fast or loud or any full chords or very many of any kind successively. This limited my repertoire considerably, but I was able to select a program of fine music of about twenty minutes' playing time.

The fruition of all this work was my first recital in three years, a profound personal satisfaction and a triumph to me and the friends who encouraged and helped.

Today I use only a small lead weight on the back of each hand, one soft sling on the right arm and



**MARGERY HALFORD'S** activities in 1953 consisted of slow typing, writing, stencil painting, hand sewing, feeding herself, and other activities of daily living.

none on the left. My repertoire has expanded some although still with strict limitations on chord playing and speed.

I do not consider teaching a muscular achievement, which accounts for its absence in the list of accomplishments. I use no assistive devices in teaching as they distract young students and I can manage without them. I employ a backscratcher as a pointer and to position a student's hand if necessary, and use verbal description (after European style of pedagogy) for every other purpose, with completely adequate results. I was given an honorary lifetime membership in the local Music Teachers Association, which re-established my full professional standing.

These activities, together with the supervision of our home and rearing of our child make life quite satisfactory and productive.

# The Biggest Jump I Ever Made



*Condensed and reprinted with permission from GUIDE-POSTS December 1954 issue.*

by **Walter F. Davis**

**World's Champion  
High Jumper**

**T**here have been three trials in my life so far.

One day, when I was eight years old, I was playing ball with the other kids during a school recess in Nederland, Texas, my home-town. Suddenly I couldn't move at all. I dropped to the ground. They rushed me home, and my mother called the doctor at once . . . it was polio. Then my mother bent her head, and through her tears, I heard her praying. My father and brother and sisters too. I was puzzled. That kind of stuff was for Sunday and a place called church. This wasn't Sunday, and they were all praying.

The assistant pastor of our church came to see me almost every day. I told him everyone was praying every day. I'll never forget what he said: "It's like being alone in a storm. First, you're cold and lonely and afraid. Then you talk to

God. That's all praying is, just talking to God. Pretty soon the storm blows away, and you feel no longer alone."

"If I talk to Him, will I stop hurting?" "I don't know," he said. "Maybe. I do know the pain will be easier to bear." The pain *was* easier to bear when I talked to Him, though I didn't quite understand it.

For eight weeks I was in bed. For another eight weeks I wore braces. It took seven years before I could walk normally. I worked hard at a rigid, self-imposed, discipline: pumping a stationary bicycle, then riding it, running, swimming—and talking to Him the way the assistant pastor said I should.

As life came back to my limbs I began growing fast. I was so big in high school it was natural for me to play basketball and do a little high-jumping. Both pursuits got me an

athletic scholarship to Texas A&M. There I began to practice hard for perfection—and dreamed of breaking the high jump record of six feet, eleven inches set in 1941 by Les Steers of Oregon.

Margaret Tynan was the girl next door. We dated steady in highschool. We got married when I was a sophomore in college. She was raised in a strong faith that is always part of her.

She speaks to everyone openly, as if God was listening, and she speaks to God unashamed, as if everyone was listening.

I could not escape the influence of Margaret's faith. I listened to her, not always carefully—but I listened.

My second trial was faced together with Margaret who further taught me that what you do on Sunday should be done every day of the week. Our youngest baby, Colleen, arrived two months too early. But she weighed six pounds at birth, and seemed fine when we brought her home from the hospital. But a few days later Colleen turned blue. We bundled her up and rushed her to the hospital. The doctors explained that because she had arrived too early her sucking instincts were not fully developed, and she had become dehydrated, and was starving slowly but surely. For five days she struggled for life, while doctors fed her through a tube. She had passed beyond the point of any further help.

On the sixth day Colleen won her struggle. Margaret insisted prayer gave her back to us.

When Colleen recovered, I was picked to go to Helsinki, Finland

with the 1952 Olympic team. I wanted to win the high jump more than anything else in the world. Before I left Margaret said: "Just try asking God to let you do your best. Then thank Him for that." In the excitement of the games I forgot that. My closest rival, Dr. Ken Wiesner of the U. S. Navy, jumped six feet seven inches. I went over the bar at six feet eight and a third inches, and won the event. I was happy, yes, but still there was a strange, unanswered restlessness in me.

I returned home to prepare for the National AAU Track and Field games to be held in Dayton, Ohio on June 27, 1953. And while I sought physical perfection Margaret's words kept flogging my mind: "There's another kind of strength even the strongest man needs—the strength of belief. Without it a man's nothing."

In the Stadium at Dayton, Ohio Dr. Ken Wiesner of the Navy and I paced each other inch by inch. He finally went over at six feet eight inches. I got over at six, ten. They raised it to six, eleven and five-eighths. A new world's record if I cleared it. Twice I tried and shook the bar loose. You're only allowed three tries. I sat down on the ground and looked up at the bar. The packed stadium was hushed.

Impulsively, I bowed my head in the silence, and asked God for that other kind of strength. Then I got up and jumped, and barely cleared the bar.

Dizzy with triumph, I flipped

*(Continued on page 13)*

# **You Are The Jury**

***New Polio Living feature  
to find out opinions of readers.***

The important thing is that these will be the opinions of handicapped persons who themselves may have actually gone through these experiences, or had these problems. You are the jury will represent handicapped people all over the world and we feel that their combined opinions will be helpful to many.

## **CASE NO. 1**

John Doe is 17 years old and had polio in 1954. He had been active in sports, especially baseball. John can now walk with very little help, his arms are very weak, he is getting a slight curvature of the spine. He uses the iron lung to sleep and is taken to the hospital every week for physical therapy. Although he is able to go to parties, (his friends have offered to help him) he has refused to do so, preferring to sit at home and watch television.

You Are The Jury! What advice would you give to John Doe and to his parents?

Send your opinion (before April 30) to: You Are The Jury, POLIO LIVING, 12 Ryan Drive, Bloomington, Illinois. These opinions will be presented in the next issue—Summer 1957.

## **WIN \$5.00**

We will send \$5 to the person sending in the case that is chosen to appear in the Summer issue. Judges will be the staff of POLIO LIVING and in the event of similar cases, the one bearing the earliest postmark will be chosen. Cases should be true-to-life experiences. Actual names and places will not be used.

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## YOU CAN EDUCATE YOUR CHILD AT HOME

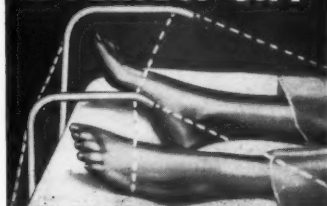
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## "BIGGEST JUMP"—Continued

over in a summersault. But my head stopped spinning quickly, and I bent it once more—to give thanks. I had won my third trial.

No man prays fully without learning something. A power greater than human strength had resolved three trials: infantile paralysis as a child, my little daughter's fight for life, winning the world's high-jump record. I also learned it's easy and natural to pray. That's the biggest jump I ever made.

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# FREE INTRODUCTORY OFFER

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### We Would Like To Meet Your Friends

This Spring 1957 issue completes our first full year of publication. During this time we have offered to send one "Introductory Copy" to any person who has had polio. We have done this to make it easy for you to get acquainted with POLIO LIVING. The number of friends who have sent in subscriptions has pleasantly surprised us and has amazed even some "experienced professionals" of the publishing business.

Many persons with other handicaps have written to us asking if they could also subscribe even though they didn't have polio. Our answer is always "yes."!

We will send a free copy of this Spring issue (as long as our extra supply lasts) to ANY handicapped person. Write down the names and addresses and send them (before June 1st) to:

POLIO LIVING Magazine  
12 Ryan Drive  
Bloomington, Illinois

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## IN FUTURE ISSUES



### HOME WHEELCHAIR LIVING

—Many new ideas for easier living will be found in this new series of articles.



**FIND OUT** what POLIO LIVING reader opinion is—see "You Are The Jury", a new feature on page 12 of this issue. (be sure to let us know what you think)



### RANCHO LOS AMIGOS—

March of Dimes financed respirator center in Calif. tells and shows how Christine Jeffs, housewife, is able to independently care for her 3 children and perform many household tasks.



### ELECTRO-DYNAMIC STEERER

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